

Recipes for Success

Practical Activities to Help Your Child Succeed

MARCH 2020

Refrigerator Poster

Just hang your *Recipes* poster on the refrigerator and sneak in an activity when you have a few minutes. These fun activities will help develop school success and positive behavior. Check off each box as you complete the “recipe.”

READING

A nonfiction puzzle

Graphs, diagrams, charts ... this jigsaw puzzle will encourage your youngster to read all the features on the pages of textbooks and other nonfiction books.

Ingredients: scissors, construction paper, pencil, nonfiction books

Have your child cut paper into 10–12 puzzle pieces. On each, she could write the name for a nonfiction element (time line, caption, map, bold word).

Now your youngster can read nonfiction books. When she sees a feature from her puzzle pieces, she starts assembling the puzzle. Say her history textbook has a time line of events during the American Revolution. She would start her puzzle with the piece labeled “time line.” Can she find all the elements and complete her puzzle?



SCIENCE

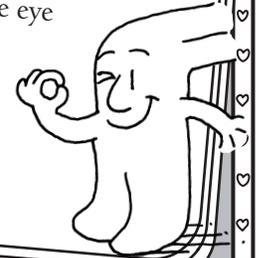
Take a look

Does your child see the same thing with both eyes? He can do this experiment to find out.

Ingredients: small toy, table

Place the toy on a table. Have your youngster stand a few feet away, make a circle with his index finger and thumb, and hold that circle in line with the toy. Tell him to close one eye at a time—without moving his head—while looking at the toy through the circle. He'll find that one eye sees the toy, but the other eye doesn't.

Why? Each eye sees a slightly different image. When the brain combines the images, it uses one eye (called the dominant eye) to focus. Your child's dominant eye is the one that saw the toy through the circle.



LOGICAL THINKING

Look around the room and name two items that don't seem similar. *Examples:* a jacket and a cup of tea, a guitar and a water bottle. Challenge your child to think of something they've got in common. She might say the jacket and tea could both warm you up, and the guitar and bottle each have a neck.



PUNCTUATION

Clap for commas, and jump for exclamation points! Encourage your youngster to choose a movement to represent each type of punctuation and make a list. Read aloud from a book, pausing for punctuation. He decides which mark should be there and does the matching move. Keep going until he gets one wrong, then trade roles.



MATH

Play with place value

Your child will need strategy *and* luck to win this place-value game where the person with the biggest number wins.

Ingredients: markers, masking tape, four jars per player, die, dry pasta noodles

Have each player make a masking-tape label for each of her jars: “Thousands,” “Hundreds,” “Tens,” and “Ones.”

Take turns rolling a die and putting that many noodles into any of your empty jars. *Hint:* Put bigger digits in the thousands and hundreds jars for a better chance at winning.

When everyone has noodles in each jar, read your numbers aloud. If your youngster has 6 noodles in her thousands jar, 4 in hundreds, 2 in tens, and 5 in ones (6,425), she would say, “Six thousand, four hundred twenty-five.” Form the largest number to win.



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Character Corner

SPELLING

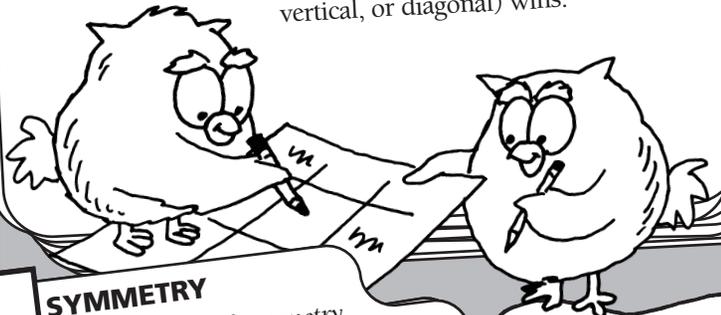
Tic-tac-review

Play this version of tic-tac-toe to help your youngster learn spelling words.

Ingredients: paper, pencils, spelling list or textbook glossary, dictionary

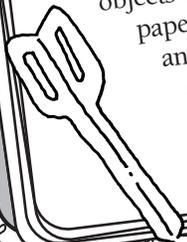
Have your child draw a tic-tac-toe grid. Call out a word from his list or glossary for him to write in any square. If he spells it correctly, he puts an X or O over it. If not, he erases the word, and it's your turn.

Now your youngster gives you a word from his list or the dictionary that he thinks will stump you. Write it in a square, and add an X or O if you spell it right. The first player with three correctly spelled words in a row (horizontal, vertical, or diagonal) wins.



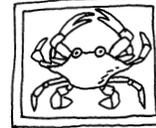
SYMMETRY

An imaginary line of symmetry divides an object into halves that are mirror images of each other. Ask your child to trace around household objects (scissors, spatula) on paper, cut out the shapes, and fold them in half. If the edges meet up exactly, she has discovered a line of symmetry—it's along the fold.



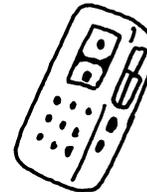
SOCIAL STUDIES

What makes your state special? Suggest that your child create a postcard showing why tourists should visit. She might draw a crab if you live in Maryland, since the state is known for the blue crabs in its Chesapeake Bay. Have her write a message and mail her postcard to a friend or relative in another state.



SPEAKING

Keeping an audio journal is a fun way for your youngster to practice speaking. Using a tape recorder, cell phone, or computer, your child could log what he does daily. *Idea:* He could listen to his recording and write a story about his favorite part.



Congratulations!

We finished _____ activities together on this poster.

Signed (parent or adult family member)

Signed (child)

NUMBER SENSE

Build your child's number sense by having him compare quantities. You could ask if he has more wooden blocks or Legos or whether there are more forks or spoons in the dishwasher. He'll need to count the objects in each group or match them up one to one.



KINDNESS

Showing kindness is like filling someone's "bucket." Have your youngster write acts of kindness on strips of masking tape and stick them on a beach bucket. *Example:* Share an umbrella. After she does one, she can write a new idea to cover the old one.



COURAGE

Help your child conquer his fears with this "map." Suggest that he write a fear ("Going to the dentist") in a circle in the middle of his paper. He can draw more circles around it and fill them with positive thoughts ("Dr. Wilson tells funny jokes," "My teeth will stay healthy").



GRATITUDE

Encourage your youngster to collect small stones. On each one, she can use a marker to write something she's grateful for (cozy blankets, friends). Perhaps she'll use the stones in a table centerpiece or to decorate a flower bed.

